
School Manuel

General Information

Welcome to...



Show-Me **BODY WALK**

An Exciting Educational Exhibit
for K-4 Students

Project of the Governor's Council on Physical Fitness and Health



Body Walk is about learning to
Be Smart from the Inside Out!!

- It's a great opportunity for students to learn about the importance of making healthy food choices and being physically active.
- It's an exciting tour of the human body featuring engaging educational activities.

What is Body Walk?

Body Walk consists of:

- **a 40'X50' foot walk-through exhibit representing the human body,**
- **classroom activities for use prior to and following the students' walk through the exhibit,**
- **a take-home activity book for students grades 1-4 to read with their families, and a coloring page for kindergarteners**
- **a list of additional nutrition education resources, and**
- **information to help publicize the event and communicate with the media.**

Questions???

If you have questions about Body Walk or the Body Walk visit to your school (arrival time, set-up questions, etc.), please contact:

Phone: 573-751-0915

E-mail: fitness@oa.mo.gov

Why Was Body Walk Developed?

Because Our Children are Flunking Eating...

There is a critical need to address good nutrition and other healthy lifestyle choices. Among American kids:

- Only 2% meet all recommendations of the food guide pyramid.**
- 16% do not meet ANY of the recommendations of the food guide pyramid.**
- Less than 15% of school children eat the recommended servings of fruit.**
- Less than 20% eat the recommended servings of vegetables.**
- About 25% eat the recommended servings of grains.**
- Only about 30% consume the recommended milk group servings.**
- About two-thirds eat more fat than is recommended.**

Lifestyle choices made at early ages have a direct impact on adult health and, sadly, health problems which were attributed to adults are now affecting our children. Students need to learn about healthy lifestyle choices and to avoid behaviors that have an adverse impact on adult health. Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems, such as obesity, later in life. Obesity in youth often carries over into adulthood contributing to the development of many chronic diseases, including heart disease and diabetes. Teachers need additional resources to increase nutrition knowledge and improve eating skills of elementary school students. Body Walk can help meet these needs.

As a Result of Body Walk...

- Schools will use the Body Walk exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.**
- Children will learn about the digestive system by walking through the exhibit.**
- Children will remember the exhibit because of active learning.**
- Linking nutrition, health and physical activity will help reinforce positive health behaviors and raise the value placed on health.**
- Children's eating and health behaviors will improve by learning skills needed to practice lifelong healthy behaviors.**
- There will be greater awareness among parents, school personnel, and community members about the importance of teaching children to practice healthy and safe behaviors.**
- Children will learn how physical activity improves the function of the body by seeing its integration throughout the exhibit.**
- Children will develop an awareness of safe behaviors regarding traffic safety.**

The Body Walk Experience

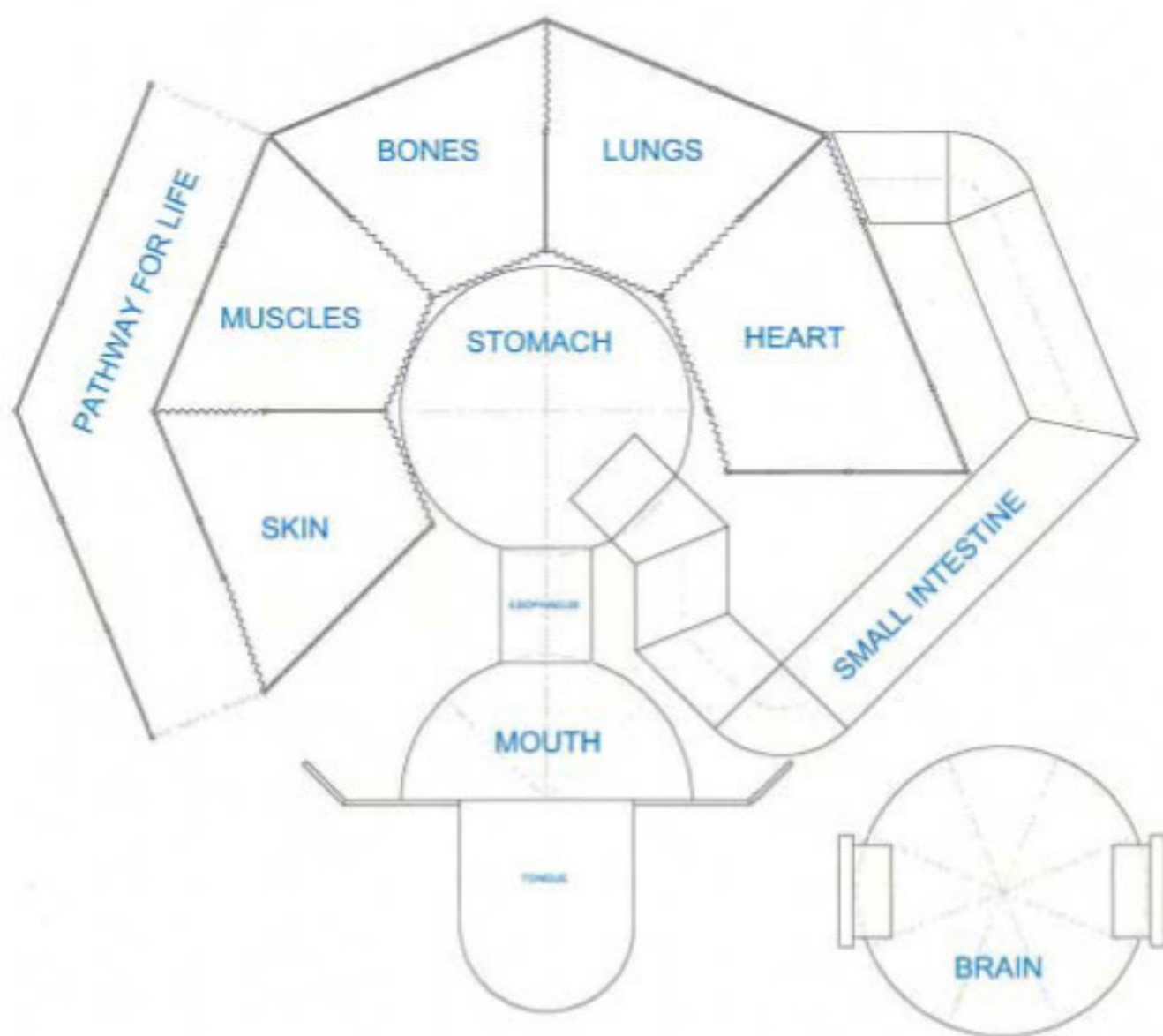
Students tour the human body with school volunteers as their guides. Throughout the exhibit, they will learn how to apply healthy and safe lifestyle choices.

At each of Body Walk's ten stations, a volunteer presenter engages the students in a five-minute discussion focused on healthy choices. The tour begins when students, in groups of eight to ten, walk through a giant ear into the brain. Inside the brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a bookmark designating them as a food such as carrot, hamburger or piece of cheese. These "foods" step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. They follow the path of the nutrients to the heart, lungs, bone, muscle and skin stations. Students leave the body through a cut in the skin and proceed to the Pathway for Life. This final station recaps key health concepts from each of the nine previous stations.

Body Walk visits Missouri elementary schools Tuesdays, Wednesdays and Thursdays each week during the school year. The Body Walk manager brings the exhibit to each school the day before that school's children tour the exhibit. Volunteers, with the assistance of the Body Walk manager, set the exhibit up. The exhibit is taken down after students finish their visit the next day, and the Body Walk manager drives to the next school.



BODY WALK



Responsibilities of the Body Walk School Coordinator

- Have space available for the Body Walk exhibit the night before the scheduled Body Walk date. The floor should be swept and clean.
- Have two tables (one 6 or 8 foot and one 4 foot) available for use in the Body Walk exhibit. The tables are used for handouts.
- Recruit 12-15 volunteers (adults, high school students, retired teachers) to set-up and take down the exhibit. Please do not have children present.
- Recruit 12-24 presenters to engage the children in the activities provided at each Body Walk station. The more enthusiastic the presenter, the more the children will enjoy and remember. Parents, community members, college students, retired teachers, and even high school juniors and seniors, if they work well with younger students, are great for this important role.
- Work with the school nurse or classroom teacher to pre-screen any students with epilepsy who may have a problem with the strobe lights in the brain station. If requested, the strobe lights will not be used. The following could occur: Photosensitivity epilepsy seizures can occur when an individual views or is exposed to flashing or flickering lights or moving geometric shapes or patterns. Some triggers include watching television, playing video games, using a computer, and viewing strobe lights. Other natural occurrences of flashing or flickering lights include sunlight coming through a line of trees, looking out of a window, or sunlight reflecting on water.
- Complete the Evaluation Report and give it to the Body Walk Manager at the conclusion of the day.

Please refer to the Body Walk Checklist – Things to Do



Responsibilities of the Body Walk Manager/Driver

The Body Walk manager is employed by the Governor's Council on Physical Fitness and Health.

The Body Walk manager will:

- Deliver the exhibit and all Body Walk props to the school.
- Direct the volunteers in the set-up and take-down of the exhibit.
- Provide a 15-minute orientation for the station presenters prior to the beginning of Body Walk.
- Answer any questions you may have about Body Walk.
- Make a list of repairs when needed.



The school is responsible for securing volunteers to set up and take down the exhibit and to serve as station presenters. These are NOT responsibilities of the Body Walk Manager.

Policies and Procedures

Setting Up the Body Walk Exhibit

[Link to Set Up PowerPoint presentation](#)



On most days the Body Walk exhibit will be set up the evening before the scheduled school date. The setup time will be arranged when you are contacted by the Body Walk Manager prior to your Body Walk visit. The exhibit will be taken down immediately after the last students complete their Body Walk tour. The Body Walk manager will be driving to the next school on the schedule and setting the exhibit up that same day.

The Body Walk exhibit is 40'X50'. There must be adequate space to walk completely around the outside of the exhibit once it is in place. In addition, children will need space as they enter and leave the exhibit. Body Walk **MUST BE SET UP INDOORS**. The exhibit will not be taken down for lunch. If students eat in the same area where the exhibit will be setup, alternate arrangements must be made for lunch (picnic outdoors, sack lunches eaten in the classroom, etc.).



Please allow 1 ½ - 2 ½ hours for set-up.

Policy & Procedures

(continued)

Student Participation

A maximum of 500 students can experience Body Walk on a school day. If students are from multiple buildings, discuss the allowable number of students with the Body Walk Manager. If you are a K-5 building and want all students to participate, they may do so as long as the allowable number of students is not exceeded. If your school has more than 500 K-4 students, it is suggested that 5th graders not participate.

Students go through Body Walk in groups of 8-12. A new group can start through every 5 minutes. It will take approximately one hour for each group of students to go through the exhibit. Body Walk is designed to be accessible for all students. If you have students in wheelchairs, they may participate in Body Walk.

Participation Requirements

The following requirements apply to all students, teachers, and volunteers.

- No shoes are to be worn inside the exhibit.
- **Socks are required for students and presenters. NO BARE FEET!!**
- No food or drinks are allowed in the exhibit except bottled water for volunteers.
- Treat the teachers, volunteers and the exhibit with care and respect, **no horseplay allowed.**



Policies and Procedures

(continued)

Billing Information

Each school will pay \$1.00 per participating student (Maximum of \$175.00 per setup) to help defray the cost of the Body Walk operation. If the host school has invited other schools to participate in Body Walk, it is the responsibility of the host school to collect payment from the visiting schools.



Damage to the Exhibit

The exhibit framework, fabric covers and panels with graphics are designed to withstand the stress of daily handling, packing and traveling. However, the materials are NOT indestructible. Some equipment (such as the pulse stick) used in the station activities is sensitive and must not be thrown or dropped. Volunteers and students will be expected to handle all exhibit components with care. NO items are to be thrown, tossed, dropped, etc., while loading, unloading or walking through the assembled exhibit. Any damages to the exhibit that occur from intentional mishandling or carelessness will be charged to the school.

No food or drink (except water) allowed inside the exhibit!

Liability

Each school that participates in the BODY WALK exhibit assumes sole responsibility for any damage or injury caused by assembly or disassembly, or use, of the exhibit.

Policies and Procedures

(continued)

Cancellations

Unplanned circumstances may occasionally force the cancellation of Body Walk. Please review the information regarding cancellations:

Illness of the Body Walk Manager

It is the intent that Body Walk arrive at your school on time and as scheduled. However, the Body Walk Manager is also the truck driver. If the Body Walk Manager is forced to cancel your school visit due to illness or other emergency situations, you will be contacted as soon as the Governor's Council office is aware of the situation. In the unlikely event your visit is canceled by the Governor's Council office, you will NOT pay the Body Walk fee. Because the Body Walk schedule is done for an entire school year, you will not have an opportunity to schedule Body Walk until the following year. However, you will be given scheduling priority at that time.

Inclement Weather

If school is canceled due to inclement weather or if the weather prevents the Body Walk truck from traveling to you, you will not have an opportunity to schedule Body Walk until the following year. You will not be asked to pay the Body Walk fee. If Body Walk is set up in your school, and school is dismissed early in the day due to inclement weather, you will be asked to pay the Body Walk fee for the students who have already participated. The school will still be responsible for having volunteers available to disassemble and load the exhibit onto the truck.



Cancellation by the School within 5 Working Days of Body Walk's Scheduled Arrival

When the Body Walk exhibit date is confirmed for your school, you are obligated to host Body Walk on that day. If the school cancels Body Walk within 5 working days of the scheduled setup time, the school WILL be assessed the Body Walk fee. If you have any potential scheduling conflict, please notify the Body Walk Manager as soon as you are aware of the problem.

Checklist of Things to Do

3 weeks before Body Walk:

_____ **Recruit 12-15 volunteers to set up Body Walk. Set up is the afternoon/evening before the children visit Body Walk.**

_____ **Recruit 10-12 volunteers to take down Body Walk.**

_____ **Recruit 12-24 volunteer station presenters.**

_____ **Notify teachers of the forthcoming Body Walk exhibit.**

_____ **Copy classroom activities and resource list from the web (www.mofitness.org) and distribute to all teachers.**

_____ **Arrange space for the Body Walk exhibit to be set up.**

1 week before Body Walk:

_____ **Provide *Tips for Station Presenters* and station script to volunteers who will present at each Body Walk Station.**

_____ **Complete *Classroom Schedule* and send to teachers.**

_____ **Contact news media and send pre-Body Walk news release.**
(A sample Press Release is located at the end of this document. See page 22.)

_____ **Prepare a Body Walk Proclamation and post it in your school.**

_____ **Decide if you will provide any snacks, meals or refreshments for volunteers.**

2 days before Body Walk:

_____ **Verify space where Body Walk will be set up.**

_____ **Arrange for parking where the Body Walk truck will unload.**

_____ **Have one 4 foot and one 6 or 8 foot table available for use.**

The day before Body Walk:

_____ **Remind teachers that tomorrow is Body Walk Day!!**

_____ **Have 12-15 volunteers available to set up Body Walk.**

_____ **Remind all other volunteers that tomorrow is Body Walk Day!!**

_____ **Contact news media again to verify an on-site visit.**

_____ **Purchase any food items for snacks or refreshments for volunteers.**

(Hint – Bottled water is nice for station presenters. The stomach and intestine tend to get warm.)

_____ **Have teachers remind students to wear socks. Remind your volunteers and teachers also.**

Body Walk Day:

_____ Remember to smile and enjoy the day!

_____ Complete the Evaluation Report and give to the Body Walk Manager at the conclusion of the day.

_____ Send Post-Body Walk News Release if news media did not attend.

Within one week following Body Walk:

_____ Thank volunteers and others who helped make the day a success.

_____ Thank teachers for their assistance with Body Walk.

The Schedule for Body Walk Day

Body Walk is a special event coming to your school! Body Walk goes smoothly when everyone involved with the event is flexible and willing to make minor changes in the daily schedule as needed. The volunteer station presenters should plan to arrive a minimum of 15 minutes prior to the time students start through the exhibit.



Students will spend 5 minutes in each of Body Walk's stations. **Station time may not be lengthened or shortened. There will be no exceptions to this policy.**

A 5-minute break for volunteer station presenters may be scheduled every 60 – 90 minutes. More frequent breaks are disruptive to the flow of Body Walk. Breaks are easily scheduled by simply delaying the start of a group of students for 5 minutes. Because Body Walk is enclosed, presenters are not able to exit the exhibit from the middle stations during their break.

The Body Walk schedule works the best if the entire group of volunteers does not eat at the same time. Each volunteer should begin lunch as the last students exit their station. To make the best use of time, allow no more than 30 minutes between the start of the last group of morning students and the beginning of the first group of afternoon students. Please refer to the sample Body Walk schedules that begin on page 9.

Because Body Walk will usually be traveling to and setting up in another school the same day that you are hosting the exhibit, it is important that your students complete Body Walk in as short a time as can reasonably be expected. If you have a minimal number of students and they have completed Body Walk by late morning, it may not be possible for the exhibit to remain up to allow afternoon kindergarten students to have the Body Walk experience.

If you need assistance with planning your schedule for the day of Body Walk, please feel free to contact the Body Walk Program Consultant, 573-751-0915 for assistance.



Sample Body Walk Schedules

100 Students

8-10 students per group, 10-13 groups

<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25

150 Students

8-10 students per group, 15-19 groups

<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25
9:35	10:30
9:40	10:35
9:45	10:40
9:50	10:45
9:55	10:50

200 Students

8-10 students per group, 25 groups

<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25
9:35	10:30
9:40	10:35
9:45	10:40
9:50	10:45
9:55	10:50
10:00	10:55
10:05	11:00
10:10	11:05
10:15	11:10
10:20	11:15
10:25	11:20
10:30	11:25
10:35	11:30
10:40	11:35
10:45	11:40

All schools with 200 or fewer students will finish Body Walk before lunch.

Sample Body Walk Schedules, continued

250 Students	
8-10 students per group, 25-31 groups	
<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
5 minute break	
9:35	10:30
9:40	10:35
9:45	10:40
9:50	10:45
9:55	10:50
10:00	10:55
10:05	11:00
10:10	11:05
10:15	11:10
10:20	11:15
10:25	11:20
10:30	11:25
5 minute break	
10:40	11:35
10:45	11:40
10:50	11:45
10:55	11:50
11:00	11:55

300 Students	
8-10 students per group, 30-38 groups	
<u>Start at:</u>	<u>End at:</u>
8:30	9:25
8:35	9:30
8:40	9:35
8:45	9:40
8:50	9:45
8:55	9:50
9:00	9:55
9:05	10:00
9:10	10:05
9:15	10:10
9:20	10:15
9:25	10:20
9:30	10:25
9:35	10:30
9:40	10:35
5 minute break	
9:50	10:45
9:55	10:50
10:00	10:55
10:05	11:00
10:10	11:05
10:15	11:10
10:20	11:15
10:25	11:20
10:30	11:25
5 minute break	
10:40	11:35
10:45	11:40
10:50	11:45
10:55	11:50
11:00	11:55
30 minute lunch	
11:35	12:30
11:40	12:35
11:45	12:40
11:50	12:45
11:55	12:50
12:00	12:55
12:05	1:00
12:10	1:05

Sample Body Walk Schedules, continued

350 Students				
8-10 students per group, 35-48 groups				
<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:00	12:55
8:35	9:30		12:05	1:00
8:40	9:35		12:10	1:05
8:45	9:40		12:15	1:10
8:50	9:45		12:20	1:15
8:55	9:50		12:25	1:20
9:00	9:55		12:30	1:25
9:05	10:00		12:35	1:30
9:10	10:05		12:40	1:35
9:15	10:10		12:45	1:40
9:20	10:15		12:50	1:45
9:25	10:20		12:55	1:50
5 minute break			1:00	1:55
9:35	10:30		1:05	2:00
9:40	10:35		1:10	2:05
9:45	10:40			
9:50	10:45			
9:55	10:50			
10:00	10:55			
10:05	11:00			
10:10	11:05			
10:15	11:10			
10:20	11:15			
10:25	11:20			
10:30	11:25			
5 minute break				
10:40	11:35			
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
30 minute lunch				

Sample Body Walk Schedules, continued

400 Students				
8-10 students per group, 40-50 groups				
<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:00	12:55
8:35	9:30		12:05	1:00
8:40	9:35		12:10	1:05
8:45	9:40		12:15	1:10
8:50	9:45		12:20	1:15
8:55	9:50		12:25	1:20
9:00	9:55		12:30	1:25
9:05	10:00		12:35	1:30
9:10	10:05		12:40	1:35
9:15	10:10		12:45	1:40
9:20	10:15		12:50	1:45
9:25	10:20		12:55	1:50
5 minute break			1:00	1:55
9:35	10:30		1:05	2:00
9:40	10:35		1:10	2:05
9:45	10:40		1:15	2:10
9:50	10:45		1:20	2:15
9:55	10:50		1:25	2:20
10:00	10:55		1:30	2:25
10:05	11:00		1:35	2:30
10:10	11:05		1:40	2:35
10:15	11:10		1:45	2:40
10:20	11:15		1:50	2:45
10:25	11:20		1:55	2:50
10:30	11:25		2:00	2:55
5 minute break				
10:40	11:35			
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
30 minute lunch				

Sample Body Walk Schedules, continued

500 Students				
8-10 students per group, 50-65 groups				
<u>Start at:</u>	<u>End at:</u>	(Cont.)	<u>Start at:</u>	<u>End at:</u>
8:30	9:25		12:20	1:15
8:35	9:30		12:25	1:20
8:40	9:35		12:30	1:25
8:45	9:40		12:35	1:30
8:50	9:45		12:40	1:35
8:55	9:50		12:45	1:40
9:00	9:55		12:50	1:45
9:05	10:00		12:55	1:50
9:10	10:05		1:00	1:55
9:15	10:10		1:05	2:00
9:20	10:15		1:10	2:05
9:25	10:20		1:15	2:10
9:30	10:25		1:20	2:15
5 minute break			1:25	2:20
9:40	10:35		1:30	2:25
9:45	10:40		1:35	2:30
9:50	10:45		1:40	2:35
9:55	10:50		1:45	2:40
10:00	10:55		1:50	2:45
10:05	11:00		1:55	2:50
10:10	11:05		2:00	2:55
10:15	11:10		2:05	3:00
10:20	11:15		2:10	3:05
10:25	11:20		2:15	3:10
10:30	11:25		2:20	3:15
10:35	11:30		2:25	3:20
5 minute break			2:30	3:25
10:45	11:40			
10:50	11:45			
10:55	11:50			
11:00	11:55			
11:05	12:00			
11:10	12:05			
11:15	12:10			
11:20	12:15			
11:25	12:20			
11:30	12:25			
11:35	12:30			
11:40	12:35			
11:45	12:40			
30 minute lunch				

Pre-Visit Sample News Release

Date:

Contact: (Name and Phone Number)

FOR IMMEDIATE RELEASE

Students to Participate in Body Walk

An innovative new way to learn about the importance of good nutrition, physical fitness, and traffic safety is coming to students at (name) Elementary School! On (day, date) the Body Walk exhibit will visit the school. Students will have the opportunity to explore the human body with Thumbs Up Johnnie as their guide.

The tour begins when students, in groups of eight to ten, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a tag designating them as a food, such as a carrot, hamburger or piece of cheese. These "foods" step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lung, bone, muscle and skin stations.

Students leave the body through a cut in the skin and proceed through the Pathway for Life. This final station recaps key health concepts from each of the nine previous stations. Throughout the exhibit, students will learn how to apply healthy life style changes. At each of Body Walk's ten stations, a volunteer presenter engages the students in a five-minute activity focused on healthy and safe choices.

The Governors Council for Physical Fitness and Health dispatches the traveling Body Walk exhibit. The exhibit provides a unique and exciting opportunity for Missouri elementary students to learn about their bodies and the importance of making healthy choices. The exhibit was developed to address increasing national concerns about the lack of physical activity and the declining nutritional status of young children.

For information on Body Walk, contact (???????????????) at (fill in phone number).